



■ **TIPS REGARDING HAZARDOUS WASTE – p. 3**
■ **MERCHANT VESSEL, U.S. NAVY SHIP COLLIDE IN PERSIAN GULF – p. 4**

**REMEMBER TO SET YOUR
CLOCK 1 HOUR AHEAD
SATURDAY**

In case of **EMERGENCY**

Everyone needs to protect themselves from natural disasters

BY KELLEY HARPER
LIFELINES

Just married ... ahhh. You've picked up the keys to your great new apartment down the street from base. You've scoped out the most romantic restaurant. It seems almost impossible for anything to bump you off of Cloud Nine. But in the midst of your newly wedded bliss, some of your rainy-day planning can be overlooked, and that may be a problem.

Although news stories tell us that disasters such as hurricanes, floods and worse are a reality, all too often people fail to prepare for them. After all, who wants to think a disaster will ever happen to them? But what if, while reading this article, a disaster happened to you? Would you know what to do? Where could you go? Who could you call for help? Before another day goes by, think about making some preparations.

Why prepare? Disasters can happen anywhere. You might not be at home, but in your vehicle, at work or even riding a bike in your neighborhood. While most disasters cannot be avoided, being prepared is your best insurance against loss of life and property damage. But you need to take action to prepare now, no matter where you are. Not every disaster

Shelter-in-Place in an **EMERGENCY**

These are some basics you should stock for your home. Keep the items that you would most likely need during an evacuation in an easy-to carry container. Possible containers include a large, covered trash container, a camping backpack, or a duffle bag.

Water: Store water in plastic containers, such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more. Store one gallon of water per person per day. Keep at least a three-day supply of water per person, two quarts for drinking and two quarts for each person in your household for food preparation/sanitation.

Food: Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of chafing fuel (i.e., Sterno). Select food items that are compact and light-

— See More Info, 4 —

needs the same response. LIFELines gives you the tools you need to handle any emergency you might encounter. Covering everything from preparedness to response and recovery, LIFELines walks you through what you need to know about floods, hurricanes, and other natural disasters and even teaches you evacuation methods for overseas personnel living on base.

Are you ready? FEMA (<http://www.fema.gov>) asks you this question in its step-by-step preparedness guide. It explains different kinds of disasters, emergency awareness organizations and how to locate shelters in your area. The guide also includes resources for families with special considerations, like elderly

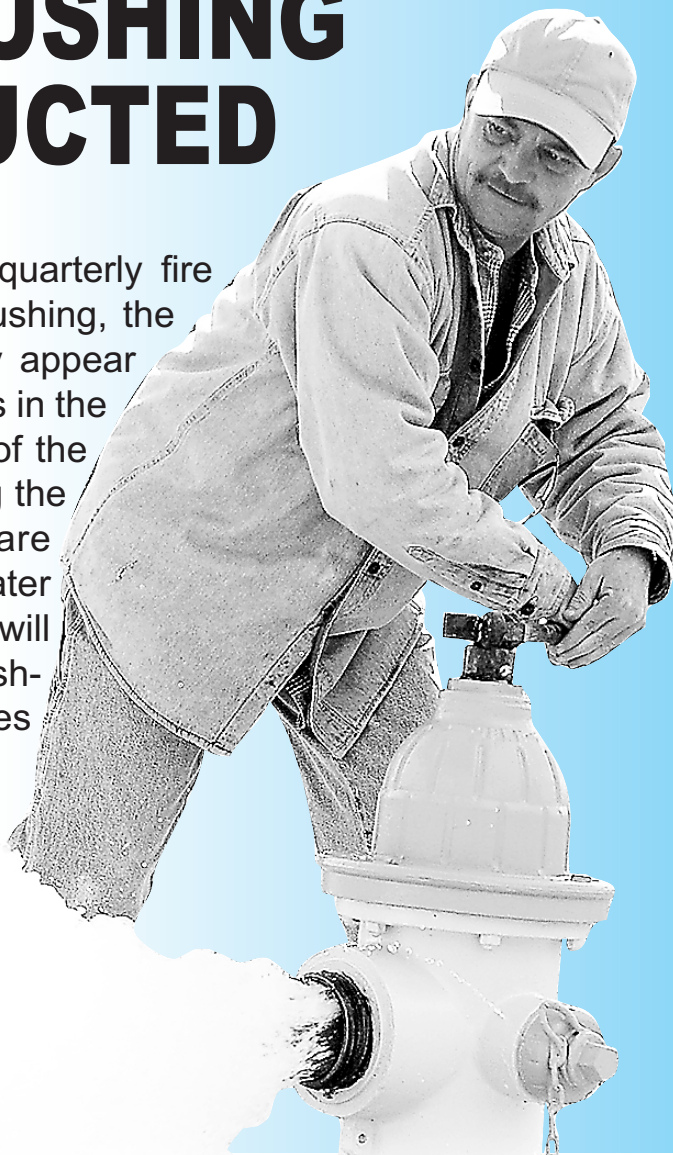
— See Emergency, 4 —

HYDRANT FLUSHING TO BE CONDUCTED

NSA Mid-South will be performing a quarterly fire hydrant flushing in April. During the flushing, the water in your facilities or houses may appear cloudy. This occurs when the sediments in the water that accumulated in the bottom of the pipe over the year are stirred up during the flushing exercise. The sediments are harmless and occur normally in a water distribution system. The cloudiness will clear up a couple of days after the flushing. Below are the areas and schedules of the flushing effort:

- * Southside of base - April 3-5
- * Southside housing - April 6-10
- * Northside/Wherry housing - April 11

For more information, call John Bryant at 874-7290



Comptrollers STORY

Capt. Jeffrey Nevels spoke to more than 120 members of Tri-State Chapter of the American Society of Military Comptrollers' (ASMC), who met at the Pat Thompson Center last Wednesday for the annual Mini-Professional Development Institute (PDI) conference. (Photo by JOC (SW/AW) Sherri Onorati)



Spoken words: *on Women's History*

My Harrison speaks at the Women's History Luncheon on March 24. Harrison was the third African-American woman to be promoted to the FBI's senior executive ranks. Currently, she is the special agent in charge of the FBI's Memphis Field Office. The Women's History Luncheon is an annual event held on base to honor the contributions of women. (Photo by Megan Crenshaw)

APRIL FOOL'S DAY

BY ART FRITH
NSA Mid-SOUTH PUBLIC AFFAIRS

The history of April Fool's Day, which is sometimes called All Fool's Day, is not totally clear. When did the prankster's ultimate holiday start? Where did it begin? Why did someone come up with the idea of a day devoted to jokes and pranks?

Well, no one can put a finger on the actual date for the very first April Fool's Day. There are those scholars who believe the observance sort of evolved in several cultures at the same time, from their particular celebration involving the first day of spring. The tradition of April Fool's Day is believed to have started in France in 1582, as the culmination of the eight-day celebration of the new year. Enter Charles IX, who introduced the Gregorian calendar, which resulted in the official start of the new year being moved to Jan. 1.

Back then, news traveled slowly. To spread the word on what was happening, news traveled by foot. Today, in our culture of instant communications, there are those who complain about "slow dial-up." However, many people did not receive word of the new calendar and change in date for several years. Then there was the more obstinate crowd, who refused to accept the new calendar and continued to celebrate the new year on April 1. These people were labeled as "fools" by their peers and were subject to some ridicule. They were often sent on "fool's errands," or were made the butt of other practical jokes.

As the years passed by, the harassment evolved into a tradition of prank-playing on the first day of April. This tradition eventually spread across the channel to England and Scotland in the eighteenth century. With the settlement and exploration of North America by the Europeans, the tradition was introduced to the American colonies of

— See Fool's, 5 —

2005 Sailors of the Year honored



(L-R) YNI (AW) Gregory S. Stubbs (PSD-Memphis), RPI (FMF) Michael W. Music (NSA Mid-South), HMI Gary A. Rau (NPC), AZI (AW) Damian W. Finke (NAVMAC), and LNI Kristi J. Moses (CNRC). All were recognized at the second annual First Class Petty Officer's Association luncheon last week. (Photo by Art Frith)

Send us your comments to bluejacketmil@yahoo.com.

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COMMENTARY



Avoid the 'Payday Pirates'



BY FLTCM(AW/SW)
JON R. THOMPSON

Hoo-yah, Warriors! Going to get straight to the point on this article, because the subject is that hot — payday lenders, or what are often referred to as predatory lenders. This is a must-read for all military personnel, ombudsmen and family members.

Recently, you've probably heard or seen several personnel in leadership positions talk about the payday lenders ... with all this talk, there must be a reason.

Financial issues account for a big portion of the deckplate issues we as leaders see daily; and, hopefully, by this article, you will know where to go for help before it becomes an issue (proactive), and also where to go if you are currently in financial trouble (reactive).

The fastest-growing reason contributing to financial trouble is the use of the payday loans, or predatory lenders. These "payday pirates," as I like to think of them, are not interested in helping you out. Trust me on that. They are interested in one thing — making money, and

making it off of you; and if you use them, they will win, and you will lose ... every time.

According to the Federal Trade Commission, a cash-advance loan secured by a personal check, such as a payday loan, is very expensive credit. Here's how it works:

* If you need \$300,

* Payday lenders lend you \$300 against your paycheck in two weeks.

* You should pay them \$360 in two weeks (lending charges).

* You can't pay, so you roll it over: \$360 against next paycheck.

* After one month, you now owe \$440 (more interest, lending charges).

* And so on, and so on. Each time you roll it over, the charges and interest build.

They'll say the fees are just \$20 per \$100 borrowed — and also say that many credit cards charge 24 percent interest or more. But that 24-percent figure is the annual rate. Payday loans are two-week loans that turn into long-term debt, and their annual interest rates can easily surpass 400 percent. So, bottom line: This is not a good deal!

The payday pirate is making about \$100 a month — \$1,300 a year for every customer — and spending only \$300. It's a great deal — for them. For you, "not so much."

I cannot imagine anyone in his or her right mind signing up for a 400-percent loan. I cannot imagine anyone OUT of his or her right mind signing up for this scam.

Let me share with you the

words from Rear Adm. William French, up in the Pacific Northwest: "I have personally witnessed the detrimental impact of payday lending on military families and the drain it has had on military readiness."

OK, I think now you know this is a huge concern for our Navy. We've got to engage at all levels. Payday pirates can have a huge impact on your credit rating — which helps you get a legitimate loan. Indebtedness can hinder your military career; it will cause a lot of stress at home; and it can cause you physical and mental harm.

Let me also share with you some

very

sobering statistics sent to me from the *Tacoma News Tribune's* editorial page: "The Center for Responsible Lending, a nonprofit organization that tracks this issue, says the average payday borrower winds up paying \$800 on a \$325 loan. And that's just an average.

"It's common to hear of strapped young military personnel owing thousands of dollars on loans that were originally for hundreds of dollars."

Warriors, this just makes no sense to me at all. Before you get to this point, TALK to somebody. The command financial specialist, your chief, your LPO, the chaplain, a peer,

anyone but that payday pirate who is waiting for you outside the gate.

You chiefs, LPOs and divisions officers should discuss this at every opportunity, and by being proactive, you will not become reactive. Some of the recommended things you should consider are as follows:

* Inform leadership when making a big purchase, or if you

are thinking of using a payday lender.

* Use the resources available to you to make an informed decision. (Your CPO or division officer, command financial specialists, Fleet/Family Support Center has several programs to ensure your success)

* Live within your means ... do you really need the new truck? I drive a '95 Mazda.

* When you need credit, shop carefully. Compare offers. Look for the credit offer with the lowest APR — consider a small loan from your credit union or small loan company, or a loan from family or friends.

* Compare the APR and the finance charge (which includes loan fees, interest and other types of credit costs) of credit offers to get the lowest cost.

* Ask your creditors for more time to pay your bills.

Find out what they will charge —

charge, an additional finance charge or a higher interest rate.

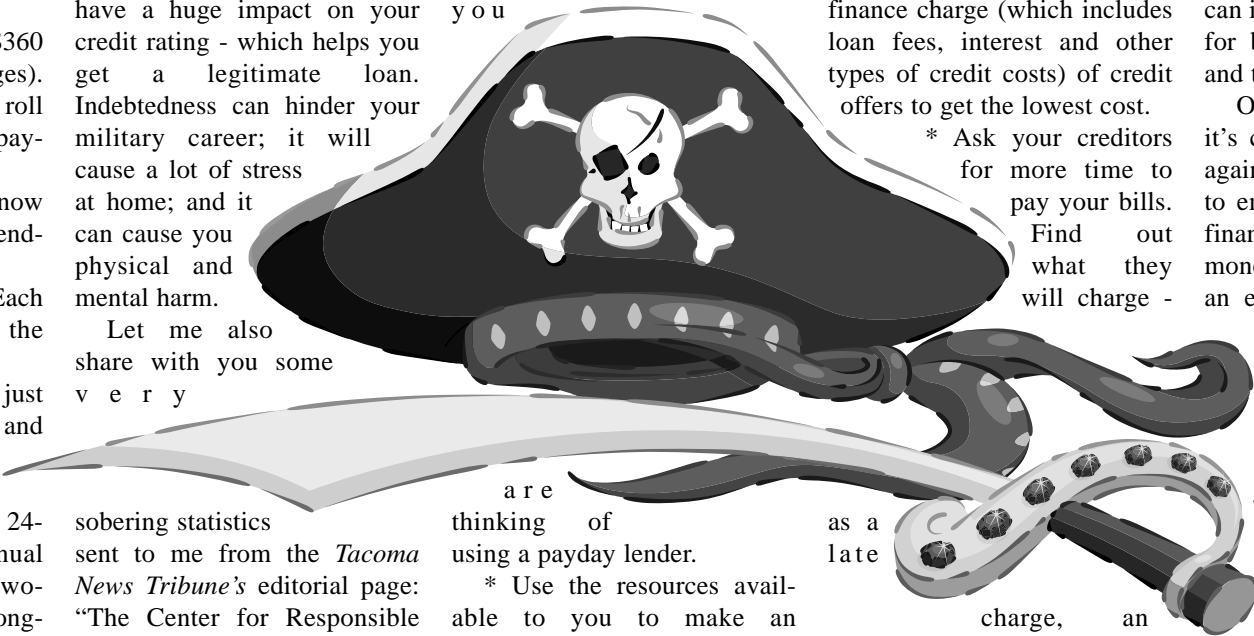
* Make a realistic budget and figure your monthly and daily expenditures. Avoid unnecessary purchases even

small daily items. Also, build savings even small deposits can help to avoid borrowing for emergencies or unexpected expenses.

* If you need help on debt repayment or developing a budget, contact your local Fleet and Family Support Center (FFSC) or command CFS. The FFSCs currently have some outstanding classes; maybe you can incorporate as part of indoc for both the military member and the spouse.

OK, I'm off the IMC. I think it's clear that I'm 110 percent against this practice and want to ensure you don't end up in financial distress. So next time money's a little tight, go talk to an expert to help you find a way other than the payday pirate. I know you'll make the right choice. Hoo-yah!

Fleet Tip: I recently found an outstanding website at <http://www.militarymoney.com/>, and I think this site would be worth a visit. Once on the site, look at the departments' section and click on money. You will see an article called, "Caught in a Debt Trap." This will open your eyes! GOOD LUCK!



Voice of the Family: Introducing the Ombudsman



BY SHELLY KILGORE
NSA COMMAND OMBUDSMAN

I want to thank the NSA Mid-South chain-of-command for letting me serve as the NSA command ombudsman. I have been a proud Navy wife for nearly 16 years, and I am one of several ombudsmen on the NSA compound, each one of us serving our specific parent commands. In my case, I serve the families of the NSA Mid-South staff.

As an ombudsman, I am basically the link between Navy family members and the chain-of-command. With the growing tempo of deployments, that link

can be vital. I want every service member and their families to know that your ombudsman is here to assist in any way we can. We're here to help take care of issues while your spouses are deployed, and even when they are not. Some of our resources are the Fleet and Family Support Center (FFSC), the Base Chapel Center, the Navy Marine Corps Relief Society (NMCRS), the American Red Cross, and the chain-of-command. If a family member has an issue, question or problem, the ombudsman is here to help find the answers.

Now, let's talk about those deployments. There are several things a service member needs to do before they deploy. Ensure your family members have all necessary telephone numbers in case of an emergency. This includes numbers to your supervisors, FFSC, NMCRS, Red Cross, police and fire departments (base or off-base, depending on where you live), and, of course, your ombudsman; ensure all important documents are completed. This includes powers of attorney, wills,

updated Page 2's, the SGLI form and allotment forms, if necessary.

Also, make sure your household is ready for any emergency. This is important all of the time, not just when service members are deployed. The weather in Tennessee is sometimes severe and many times unpredictable. Make sure everyone knows emergency procedures, and that the house is properly stocked with emergency items. Some of these items include, but are not limited to, non-perishable food items, drinking water, candles, flashlights and batteries, blankets, etc. You can customize your emergency kit any way you wish.

Emergencies can be overwhelming, and your command ombudsmen are here and ready to assist you. We know what it's like to be the spouse of a deploying service member, and we know how stressful it can be on the family. If you need to contact your command ombudsman, you should be able to get their contact information by calling or visiting your command master chief or senior enlisted advisor.

Chaplain's Corner
MARRIAGE IS GOOD FOR YOU!

BY CHAPLAIN ROB BEEDE

Marriage is good for you! In the book *The Case For Marriage*, authors Linda Waite and Maggie Gallagher found that married people live longer, healthier, happier lives, and recover more quickly from illness (in addition to having a more satisfying sexual life together). They also found that marriage is also good for children. Kids feel more secure in a stable, committed home.

According to the same book, these results were not found for those who live together. The reason is that commitment to the relationship is imperative to founding a more stable home. Linda Waite found that "When people marry, when they commit to the relationship, that person's well-being and the other person's well-being become inextricably linked, so it is in their best interest to see their spouse do well." The commitment causes them to look beyond themselves and want what is good for their mate.

The Bible describes this committed marriage relationship as being "One flesh." It is a beautiful description of two individuals coming together and being linked and united together as one under God. Marriage is good for you!

CALENDAR OF EVENTS

March 31 - The First Class Petty Officer Association Talent Show at the Millington Civic Center (8077 Wildinsville Road). Doors open at 5:30 p.m. Show time is at 6 p.m. Admission is \$5 with children five-years of age and younger admission is Free.

March 31 - April 16 - Step into history with tours of pre-Civil War home in Columbus, Mississippi the first two weeks in April. The town is about two-and-a-half hours southeast of Memphis. The tours, called the Spring Pilgrimage, are daily from March 31 to April 16, with some evening candlelight tours. Different homes are featured each day, all decorated in period furniture with costumed living history guides. Several of the houses were built as early as the 1830s. When arriving in town, go to the visitor center on Main Street, located in the house where playwright Tennessee Williams was born. With military ID, a discount is available on the tickets. Phone (662) 329-3533 for information or visit: <http://www.historic-columbus.org>.

April 3 & 5 - The Memphis and Shelby County Health Department will be conducting four breastfeeding classes scheduled during National Public Health Week: Mon., April 3, 2:30 p.m. @ Hickory Hill Clinic, 6590 Kirby Cove and Wed., April 5, 2 p.m. @ Southland Mall.

April 6 - ENVISION Vendor Expo at the NSA Mid-South Envision Servmart (Bldg. S-242) from 9 a.m. to 2 p.m. ENVISION provides choices for people who are blind or have low vision.

April 7 & 8 - The Shelby County Sheriff's Dept. will be conducting free car seat inspections during the Kidstown Children's Consignment Sale at the AgriCenter International (Apr. 7, 9 a.m.-6 p.m., Apr. 8, 9 a.m.-1 p.m.).

April 8 - The annual Easter Egg Hunt sponsored by the Mid-South First Class Petty Officers' Association will be held from 11 a.m. to 2 p.m. at the pavilion next to the Youth Center. Join in for the egg relay race, the egg toss, Easter egg hunt, a pie-eating contest, the Space Walk, face painting contest, refreshments on sale, and much more. Contact YNI Mercer @ 874-4847 or CTAI Reid @ 874-3829 for more information.

April 9 - 16 - Easter Services Schedule Palm Sunday Service, 8:30 a.m. and 10:30 a.m. @ the Chapel; April 14, Good Friday Service, 11:30 a.m. @ the Chapel April 16, Easter Sunrise Service, 7:00 a.m. @ Navy Lake; April 16, Easter Service @ the Chapel, 10:30 a.m.

April 20 - A Sponsor Training Workshop will be held from 11 a.m. - noon in Classroom 2. This training will teach sponsors how to assist incoming personnel to overcome relocation difficulties and apprehension associated with the PCS move. Each command should have their assigned sponsors attend this training. Contact Linda Busby at 874-5075 to register.

MONTHLY - The Memphis chapter of the Vietnam Veterans of America meets at the Ridgeway Baptist Church the first Thursday of every month at 7 p.m. Veterans, family and friends of veterans and those interested in learning more about Vietnam Veterans are cordially invited to attend. Please call Paul Boudry at 874-3947 for more information.

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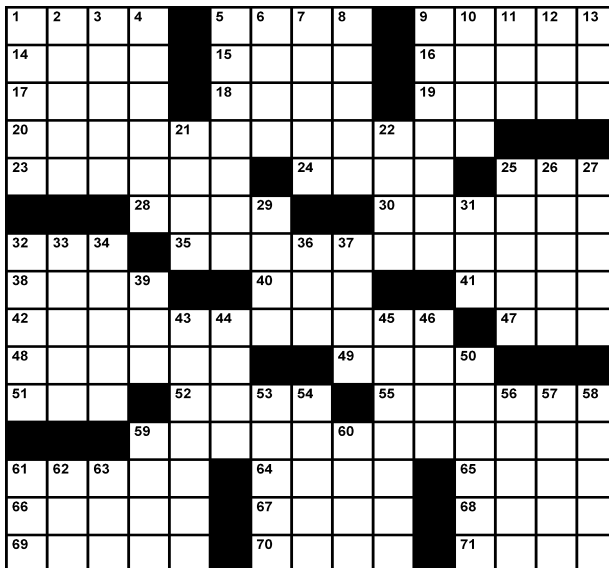
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Crossword:

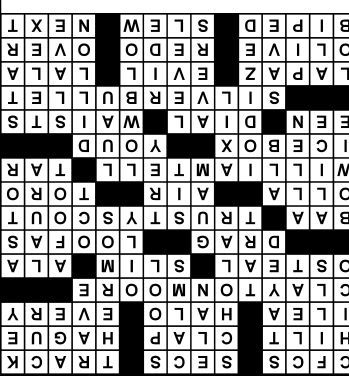
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- ACROSS
- 1 One-time aerosol pollutants, for short
 - 5 Parts of mins.
 - 9 Footprint, e.g.
 - 14 Dagger handle
 - 15 Show appreciation
 - 16 International court site (with "The")
 - 17 Parts of intestines
 - 18 Heavenly topper
 - 19 "God bless us ___ one"
 - 20 The Lone Ranger
 - 23 Bone-related
 - 24 Like some chances
 - 25 Phrase with king
 - 28 Aerodynamic force
 - 30 Certain sponges (Var.)
 - 32 Cote note
 - 35 Meaning of "Kemosabe," to Tonto
 - 38 Bulging earthenware vessel
 - 40 Major cause of inflation
 - 41 Matador's opponent
 - 42 "The Lone Ranger" overture
 - 47 Macadam ingredient
 - 48 Fridge, old-style
 - 49 "___ better believe it!"
 - 51 Tennyson's dusk
 - 52 I-XII locale
 - 55 Spare-tire sites?
 - 59 The Lone Ranger's calling card
 - 61 World's highest capital
 - 64 Good opponent
 - 65 Refrain sounds
 - 66 An oil source
 - 67 Provide with a new look
 - 68 Finito
 - 69 Homo erectus, for one
 - 70 Overwhelmed with jokes, e.g.
 - 71 Queue cue
- DOWN
- 1 Leonard Marx
 - 2 Occupies completely
 - 3 Sole accessory
 - 4 Obeyed Master, in a way
 - 5 Learned type (Var.)
 - 6 Verve
 - 7 Pacifies
 - 8 Bobbin cousin
 - 9 Lunchbox go-with
 - 10 Glowing review
 - 11 Mature
 - 12 Dogcatcher's prey
 - 13 Vital
 - 21 Like lemons
 - 22 Like an auto repair shop floor
 - 25 What the game is, to Sherlock
 - 26 Mrs. Rob Petrie
 - 27 Wealthy fur merchant
 - 29 Agana is its capital
 - 31 World Series mo.
 - 32 Singer David
 - 33 "The Color Purple" author Walker
 - 34 "Match Point" director
 - 36 Obey Master, in a way



CROSSWORD PUZZLE
ANSWERS



HOUSEHOLD FIRES: A hot topic

COURTESY OF THE MID-SOUTH
CHAPTER AMERICAN RED CROSS

Eighty percent of Americans do not know that home fires are the most common disaster in the United States. Moreover, half of the families with children are using high-risk methods to heat their homes during winter months.

These are just some of the findings of a poll released by the American Red Cross, whose local chapters helped families affected by nearly 67,000 home fires during 2005, accounting for 92 percent of all Red Cross disaster responses. Here in the Memphis area, the Mid-South chapter responded to more than 400 home fires last year. In 2006, from Jan. 1 to Feb. 28, the chapter responded

to 85 home fires.

Despite the reality of this threat in the Mid-South and across the country, two-thirds of those surveyed cited floods, hurricanes, tornadoes and mudslides as greater threats to their family than home fires.

Heating costs rose as much as 25 percent this past winter, according to a Red Cross poll. Four out of 10 families, or 42 percent, said they used alternatives to heat their home, such as a space heater, fireplace, or a wood/coal stove. Among families with children under the age of 18, the figure is even higher, at 49 percent. The National Fire Protection Association reports that children are twice as likely as adults to die in a home fire.



Tips regarding hazardous waste

COURTESY OF THE MID-SOUTH
ENVIRONMENTAL DEPARTMENT

Maintaining a clean environment is all of our responsibilities. Hazardous wastes aren't something generated just by large industries; in every line of work and even at home, we generate waste materials that, if not properly handled, can damage our environment. The NSA Environmental Department provides the following tips for handling hazardous waste, both at work and at home:

* Use hazardous substances like paints, solvents and cleaners in the smallest amounts possible, and follow the directions on the label. Residential wastes can't be placed in our industrial setting dumpsters. Industrial setting dumpsters are not for collection of household waste, hazardous waste or contractor waste. There is a household hazardous waste exemption in the law, but it is much better to collect your wastes and take to the next

Household Hazardous Waste Collection Event sponsored by Memphis and Shelby County, or Tipton County for their residents, for proper disposal. Residents can take up to 100 pounds of household hazardous waste and dispose of it free at this event.

* Recycle used oil. You can take your used oil to the MWR Auto Hobby Shop or various auto parts and auto service businesses in the area. Call the business before taking any oil to any location. Check with these locations for used oil filter recycling also. Vehicle maintenance is not to be performed in base housing or parking lots on the installation. Base Housing should have provided you with guidance regarding vehicle maintenance.

* Some instant oil-change locations will accept antifreeze for recycling. Call before taking any old antifreeze to any location. Do not pour used antifreeze on the ground or down the storm

drains.

* Landfills are no longer allowed to dispose of old tires without them having been shredded first. It's recommended that you give your old tires to the dealer who sells you the new ones. After all, you are paying a few dollars for disposal of tires on each new tire you purchase.

* You cannot dispose of old automobile batteries in landfills. These must be recycled. Leave your old battery with the business that sells you the new battery. There is a fee tacked onto every battery when you purchase the new one for recycling costs.

* MWR's recycling drop off collection center is at the corner of Wasp Avenue and Ticonderoga. It is unmanned. Some of the items collected at the center: newspaper, magazines, flattened cardboard, aluminum cans, plastic (juice, milk, soda bottles, water bottles, etc.-check to see if there is a 1 or 2 inside the recycling arrows on the item itself if

so, these are recyclable). Clean tin cans that formerly contained food are also acceptable. Recyclables are collected weekly at the curb in base housing. Housing provides recyclable materials containers. In the office areas, collection containers can be obtained by phoning George Overton at 874-7288. Overton works for MWR and will ensure these containers get routinely emptied.

All hazardous wastes generated at your work site while accomplishing government work with government-provided materials are to be turned in to your activity hazardous waste coordinator. The Navy will dispose of your government-generated wastes accordingly. However, the Navy will not be responsible for your personally generated hazardous wastes. Report all spills of hazardous materials, hazardous substances, hazardous wastes, and petroleum products immediately to Base Security at 874-5533.

LEGAL LESSONS

By David Britton Peel
Attorney at Law

www.coleandpeel.com

Against the law to be a Christian



Last month, the police were called by his family. His former wife and two own teenage daughters reported him to authorities. They had turned him in because he was breaking the law and had to go to jail. His crime was so serious that he would likely get the death penalty. His crime? Police discovered him with a Bible!

While it appears that Abdul Rahman will be a free man once released from an Afghan prison, his plight illustrates the vast difference in the way religious freedoms are valued around the world.

Recall that this man was being prosecuted for converting to Christianity 16 years ago while working as a medical aid worker for an international Christian group helping Afghan refugees in Pakistan.

He stressed that he was fully aware of his choice to convert. "If I must die, I will die," Rahman told a newspaper. When working with a Christian relief organization, he recalled, "I started talking to them about religion, I read the Bible, it opened my heart and my mind."

After saying he was ready to die, he told the paper: "Somebody, a long time ago, did it for all of us," in a reference to Jesus Christ.

Having a state-sponsored religion was one of the driving principles behind the Founding Fathers' drafting of our Constitution. England had a state-sponsored church and it had led to corruption and lack of freedom.

The very first amendment made to our Constitution is supposed to keep government out of religion, not the other way around. Here is the text:

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

I thought that the type of persecution of Christians in Afghanistan was one of the atrocities that we kicked the Taliban out to prevent. Even now, though, the clerics have demanded that authorities enforce a provision in the country's Islamic-based laws calling for the execution of Muslims who become Christians.

"There will be big protests across Afghanistan," said Faiez Mohammed, a Sunni Muslim leader in the northern city of Kunduz. "This has shamed Afghanistan in the eyes of other Muslim countries."

While Afganistan should be ashamed for this whole episode, they have totally missed the point of freedom.

— David Britton Peel is a Millington attorney who primarily handles serious injury, death and disability cases, along with closings and wills. If you would like to contact Mr. Peel, you may do so at 901-872-4229 or at dpeel@bigriver.net. Mr. Peel is also available to speak to your church or club.

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WALKING IN MEMPHIS



Well, not quite. This resident of Navy Lake, a Great Blue Heron, was caught on camera last week taking a leisurely stroll along the docks. (Photo by Art Frith)

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TN1

Merchant vessel, U.S. Navy ship collide in Persian Gulf

FROM COMMANDER, U. S. NAVAL FORCES CENTRAL
COMMAND/COMMANDER
U.S. 5TH FLEET PUBLIC AFFAIRS

NORTH PERSIAN GULF (NNS) — The Kiribati-flagged merchant vessel M/V Rokya 1 and USS McCampbell (DDG 85) collided at 11:09 p.m., local time, March 25, approximately 30 miles southeast of the Iraqi coastline in the north Persian Gulf.

Two U.S. sailors received minor injuries as a result of the collision. Two crew members from Rokya 1 also received minor injuries and were treated on-scene by McCampbell's independent duty corpsman. Rokya 1 and McCampbell, an Arleigh Burke-class guided-missile destroyer, both received damage on the bow and are deemed seaworthy. The cause of the accident is under investigation.

McCampbell, homeported in San Diego and currently on a routine six-month deployment, is one of several coalition assets conducting maritime security operations under the direction of Combined Task Force (CTF) 58. CTF 58 is responsible for the security of the Al Basra and Khawr Al Amaya Iraqi oil terminals, which are the main sources of revenue for the Iraqi reconstruction effort.



The guided missile destroyer USS McCampbell (DDG 85) prepares to go alongside the Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76) to conduct a fueling at sea. (Photo by PH3 Konstandinos Goumenidis)

More Info

CONTINUED FROM 1

weight. Include a selection of the following foods in your disaster supplies kit: ready-to-eat canned meats, fruits and vegetables; canned juices; condiments such as salt, sugar, pepper, spices, etc.; high-energy foods; vitamins; food for infants; and comfort/stress foods.

First aid kit: Assemble a first aid kit for your home and one for each car. Include 20 adhesive bandages, various sizes; one 5x9-inch sterile dressing; one conforming roller gauze bandage; two triangular bandages; two 3x3 sterile gauze pads; two 4x4 sterile gauze pads; one roll three-inch cohesive bandage; two germicidal hand wipes or waterless alcohol-based hand sanitizer; six antiseptic wipes; two pair large medical grade non-latex gloves; adhesive tape, two-inch width; anti-bacterial ointment; cold pack; scissors (small, personal); tweezers; and a CPR breathing barrier, such as a face shield. Also include non-prescription drugs such as aspirin or a non-aspirin pain reliever; anti-diarrhea medica-

tion; antacids; syrup of ipecac (use to induce vomiting if advised by the Poison Control Center); laxatives; and activated charcoal (use if advised by the Poison Control Center).

Tools and supplies: Include mess kits or paper cups, plates and plastic utensils; an emergency preparedness manual; a battery-operated radio and extra batteries; a flashlight and extra batteries; cash or traveler's checks, and change; a non-electric can opener; utility knife; a small-canister, ABC-type fire extinguisher; a tube tent; pliers; tape; a compass; matches in a waterproof container; aluminum foil; plastic storage containers; a signal flare; paper and pencil; needles and thread; medicine dropper; a shut-off wrench to turn off household gas and water; a whistle; plastic sheeting; and a map of the area for locating shelters.

Sanitation: Remember toilet paper, towelettes, soap, liquid detergent, feminine supplies, personal hygiene items, plastic garbage bags and ties, a plastic bucket with a tight lid, disinfectant, and household chlorine bleach.

Clothing and bedding: Include

at least one complete change of clothing and footwear per person, sturdy shoes or work boots, rain gear, blankets or sleeping bags, gloves, thermal underwear, and sunglasses.

Special Items: Remember family members with special requirements, such as infants and elderly or disabled persons. For baby, this includes formula, diapers, bottles, powdered milk, and medications. For adults, this can mean heart and high blood pressure medication, insulin, prescription drugs, denture needs, contact lenses and supplies, and extra eyeglasses. For everyone, remember entertainment items like games and books.

Important Family Documents: Keep these records in a waterproof, portable container: wills, insurance policies, contracts, deeds, stocks and bonds; passports, Social Security cards, immunization records, bank account numbers, credit card account numbers and companies, inventory of valuable household goods, important telephone numbers, and family records (birth, marriage, death certificates).

Store your kit in a convenient

place known to all family members. Keep a smaller version of the supplies kit in the trunk of your car. Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year. And don't forget replacement batteries, updated clothes, etc.

Emergency

CONTINUED FROM 1

family members, small children and family pets. The American Red Cross (http://www.redcross.org/services/disaster/0,1082,0_500_,00.html) offers a page full of topics to help prepare for emergencies. Interactive games designed by the National Weather Service (<http://www.weather.gov/om/reachout/kids.page.shtml>) can help educate your children about weather-related disasters like hurricanes, tornadoes and winter storms.

Doing paperwork is never fun. But obtaining and safeguarding important information and documents, such as your birth certificate, passport, marriage certificate and insurance policies and mortgages is a necessary part of protecting you, your family and your belongings. Here's a list of

items to get you started: renter's or home insurance documents (and enough insurance to cover all your losses); contact information, including your neighbors and closest out-of-town family member or friend; location of your nearest Red Cross chapter (<http://www.redcross.org/where/where.htm>) and local base military assistance group, such as the Navy-Marine Corps Relief Society (<http://www.nsamidsouth.navy.mil/serv-org-nmcra.htm>); a list of nearby hotels or lodging facilities available in an emergency, especially those willing to accept pets; disaster kits for home, for each vehicle and at work; evacuation routes, including alternate routes, in case of road closures or obstructed areas.

As you tackle this planning, keep in mind that you are protecting and safeguarding your most important asset - your family - for years to come, no matter where the military takes you.

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Play Ball!



This match between the Wannabees and the Brass helped to kick-off the NSA Mid-South Spring 2006 Intramural Volleyball League got underway last week at the N-82 Gym. (Photo by Art Frith)

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COURTESY OF THE NAVAL SAFETY CENTER

A truck driver (identified in the report as a “federal appropriated civilian”) was piloting his tractor-trailer across an icy bridge in North Carolina. Speed for this maneuver: 60 mph. Dumb, huh? Almost as dumb as the numbskull in the van who decided to up the ante by five miles per hour and pass. The trucker lost whatever traction he had, just as the van pulled up beside him. The truck rubbed the van, which spun around and hit the guardrail. This was a bit of an attention-getter for the driver, what with the frigid river churning beneath the bridge. Squeezing the black out of his steering wheel, the van driver steered his way to another collision with the tractor-trailer and slid into the median. The truck, which had shed \$5,000 in value during this pas de deux, ground to a halt 400 yards down the road.

We have discovered, once again, that when you see the phrase “all terrain” in front of the word “vehicle,” it doesn’t really mean “all.” It ought to say “a fair amount of different kinds of terrain vehicle, not including cliffs,” although saying you are taking your FADKTVNIC out for a spin is awkward, and the manufacturer’s marketing department is going to hate it. Be that as it may, the subject at hand is a chief in Hawaii who is grinding his way up and down some hills off base near Oahu. He has lots of experience, a training class and all of the right PPE. He also has a sudden three-foot drop in front of him as he was climbing an unstable hill, thanks to something he doesn’t have (namely, a halfway decent survey of the area). So, of course, it is time for the old dipsy-doodle. He futilely reached out to stop the mechanical somersault and painfully discovered that although the opposable thumb was a tremendous

advantage when it came to evading saber-toothed tigers and harnessing fire, several hundred pounds of torso and machine are way beyond its capabilities. The chief figured his thumb was dislocated, but if that were true, the docs wouldn’t have had to put a pin in it and slap on a cast for two weeks. He spent a month on light duty, plenty of time to add the word “reconnoiter” to his vocabulary and his FAD-KTVNIC ORM checklist. One sunny Saturday in Hawaii, an ET3 was logging some saddle time on his brand new Kawasaki. He had a motorcycle driver’s license, but hadn’t taken the motorcycle safety training yet. Which meant that he was eligible for one of those sudden, painful, off-campus seminars, in this case, Seminar Number 146, “What happens when you take your eyes off the road and forget where the curb is.” The three other motorcyclists he was with all successfully merged from a four-lane road onto a two-lane road. The

ET3, looking over his shoulder, drifted into the curb, hit a phone pole and landed fifty feet away with a broken leg, broken wrist, cracked pelvis, and a slew of cuts and scratches on his face. Not sure how long he will be in the hospital, but doctors think he may end up partly disabled. An E-2 was climbing a ladder to the weather deck. Presumably, he had climbed this particular ladder before. Presumably, the hatch at the top had usually or always been open. Not presumably, he figured it was open and didn’t look up as he climbed. Clang! The resulting collision didn’t really make this sound, that’s just for dramatic effect. However, it did slice open his scalp and give him a sore neck.

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Fool’s

CONTINUED FROM 1

both the English and French. Eventually April Fool’s Day evolved into a funfest with the different nationalities specializing in their own brand of humor at the expense of their friends and families. Practical jokes are the norm on April Fool’s Day. It is not uncommon for family members and friends to be the target of practical jokes the entire day. Pranks performed on April Fool’s Day range from the simple, such as saying, “Your shoe’s untied,” to more elaborate jokes. Even the news media gets involved. The Taco Bell Corporation announced in 1996 that it had bought the Liberty Bell from the federal government and was renaming it the Taco Liberty Bell. This announcement outraged hundreds of citizens, who called up the National Historic Park in Philadelphia where the bell is housed to express their anger. A few hours later, their nerves were calmed when Taco Bell revealed that it was all a practical joke. When asked about the sale, White House press secretary Mike McCurry said the

Lincoln Memorial had also been sold, though to a different corporation. It would now be known as the Ford Lincoln Mercury Memorial. Somewhere along our life’s journey, most of us have been targets of a “kick me” sign unknowingly being placed on our backs, feeling someone’s foot across our backside, followed by laughter. This prank can be traced back to Scotland, where April Fool’s Day was celebrated for two days. The second day, called “Taily Day,” is devoted to pranks involving the posterior region of the body. Setting a roommate’s alarm clock back an hour is a common gag. Given the fact that this Sunday marks the start of Daylight Saving Time, it could make things a bit confusing. Whatever the prank, the trickster usually ends it by yelling to his victim, “April Fool!” April Fool’s Day is also unique in the fact that it is a for-fun-only observance. Nobody expects to buy or receive gifts. You’re not required to take your significant other out to eat in a fancy restaurant, and nobody gets off work or school. This is simply a fun holiday, but one on which a person must remain forever vigilant, as he may be the next April Fool!

WORD SEARCH

N K H N K Q H Q E M Y P T E M
R I F Q Z Y G G E O I R M R J
X E G L E R N O U F Y L P O O
Y M X H Q T G F B G B P Q N R
Z X Y F T H N T L T E E H S E
J M O R L M D J A F D E I Y D
X I Z L C P A L N T R L J X T
R U J I I D A R K N E S S Y U
Z B Z F Z R J W E N A Z T Y N
I B N T M Q G Z T B M Z A Q U
S Y T M O U O M X W M M R I Y
O L C U O O P S D L R U S S Y
V J N V N E T Q Y W O L L I P
C O V S U L A G G A R B L S P
M L M K P J V E C S N E G K H

ALARM
BED
BLANKET
DARKNESS
DREAM
MOON
NIGHTMARE
PILLOW
SHEET
SILENT
SLEEP
SLUMBER
SNOOZE
SNORE
STARS

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EMPLOYMENT OPPORTUNITY

Director, NMCRS Millington

The Navy-Marine Corps Relief Society needs an experienced manager (part-time, 20hrs/wk) to direct operations at our Naval Air Station Mid-South Millington office. Prior association with NMCRS, as an employee or a volunteer, will be a significant factor in evaluating a candidate’s qualification for this position.

Required Qualifications

- (1) AA/AS degree (or 1-2 years related experience) (2) Experience in recruiting and retaining volunteers in an organization similar to NMCRS, proven ability to motivate and coordinate the efforts of others to achieve organizational goals; (3) Two years supervisory experience with demonstrated superior leadership, interpersonal and communication skills; (4) Experience in public speaking or as a training facilitator.

Ideal Qualifications

BS/BA; Experience providing personal financial management counseling to others; Knowledge of military pay & allowance systems, military command structures, and military service life as a service member or dependent family member; Familiarity with Microsoft Office.

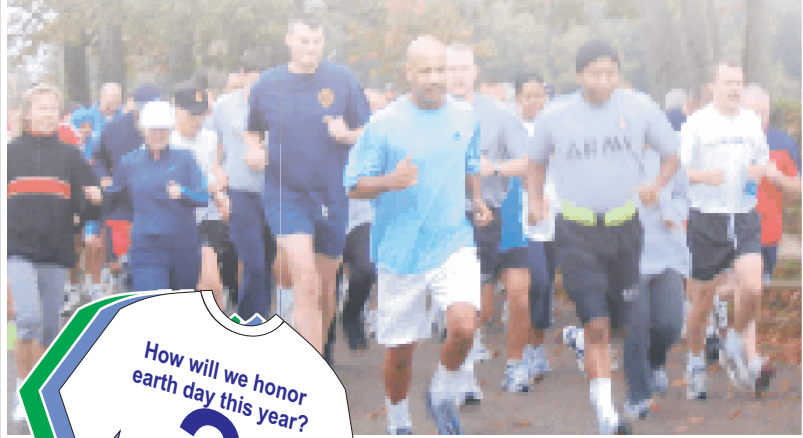
All candidates must submit a completed and signed employment application to be considered for an interview. You may obtain an application from our Millington office at Naval Station Mid-South, Building S-456, 5722 Integrity Dr., Millington, TN 38054-5045 (**Phone:** (901) 874-7350, **Fax:** (901) 874-7360; or from the Society’s HR Office in Arlington, VA. Mail or fax application to: NMCRS Headquarters, Attn: Human Resource Division, 875 N. Randolph Street, Suite 225, Arlington, VA 22203. **Fax:** (703) 696-0144, no later than COB, Friday, April 14, 2006. **Starting Salary \$14/hr.** Although we will acknowledge receipt of all applications, only those selected for interview will receive additional notification. E.O.E.

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Base Child and Youth Programs available through CEWL

The NSA Mid-South Child and Youth Program, which encompasses the Child Development Center (CDC), Child Development Home (CDH) Program, and School Age Care (SAC) Programs offer full-time care through the Centralized Enrollment Waiting List (CEWL).

The CEWL is a process created by the Navy for use in all of its child and youth programs to offer parents "one-stop shopping" for child care needs. The CEWL moves children through three lists as applicable to the specific family situation: projected care, excess demand, and preference care.

The projected care list is for children who do not need care at the moment but will need care at some time in the future. Children on this list will most likely be not born yet, newborns who are not eligible for care for a few weeks, or children of all ages who are not physically at a command (i.e. moving to the command in the future).

The excess demand list includes all children who are eligible for care, but for whom there is not a Navy sponsored space available to offer them. Navy sponsored spaces are those in the Navy Child Development Centers, Navy Child Development Homes, and Navy School Age Care programs. When a parent is offered a viable Navy sponsored space, the parent has two choices: accept the space or not accept the space. Either way, the child is moved from the excess demand list.

If a parent accepts the offered space, they may move to the preference care list if the space is not in the program that they prefer for their child to be in. For example,



the child is offered a space in the CDC but the parent prefers to place the child in a CDH home. The parent may also move to the preference care list if they do not accept the offered space.

The preference care list is for children who have not been offered their preferred type of Navy-sponsored care. If CDC, CDH, and SAC are offered at the base, a child may stay on the preference care list until he/she is offered the type of care the parents prefer. The preference care list may also include a sibling who has been offered care but is waiting to enroll when a younger or older sibling is also offered the same type of care (i.e. so parents do not have to go to two child care facilities each day).

For additional information on any of the Navy child and youth programs, parents are encouraged to call:
Child Development Center (901) 874-5745
Child Development Home Office (901) 874-7309
School Age Care Program (901) 874-5155
Youth Activities Center (901) 874-5155

Navy MWR Helps Celebrate Month of the Military Child

The Month of the Military Child, celebrated each April since 1983, recognizes the unique circumstances military children face, and emphasizes the need to help them adjust to those challenges.

"Being the son or daughter of a service member who is frequently deployed can be very difficult for children," said Larrie' Jarvis, Child and Youth Programs analyst, Commander, Navy Installations

Command (CNIC), Millington, Tenn., Detachment. "Events and activities that celebrate the Month of the Military Child stress the importance of providing children with quality services and support to help them succeed in the mobile military lifestyle."

Navy Child and Youth Programs support operational readiness, mission accomplishment and retention by assisting Sailors in balancing the competing demands

of family and work life. These programs assist in the positive development of Navy children and teens by providing developmental child care and youth recreational programs and services for eligible children ages 6 weeks to 18 years of age.

For more information on Navy Child and Youth Programs, visit www.mwr.navy.mil or www.nsamidsouth.navy.mil/mwr.

Activities and special offers for military personnel and their family members during the month of April courtesy of MWR!

Restaurant Services

Navy Mid-South families are invited to celebrate "Month of the Military Child" together at two special family friendly meal services at the Helmsman Restaurants.

#1 Thursday, April 13, 5 - 8 p.m. **"Month of the Military Child." Dinner Special.** Menu features "All-you-can-eat" spaghetti, pizza buffet with Italian green beans, garlic bread, soup and salad bar and soft drink. Dinner: adults \$5.50, children \$4.

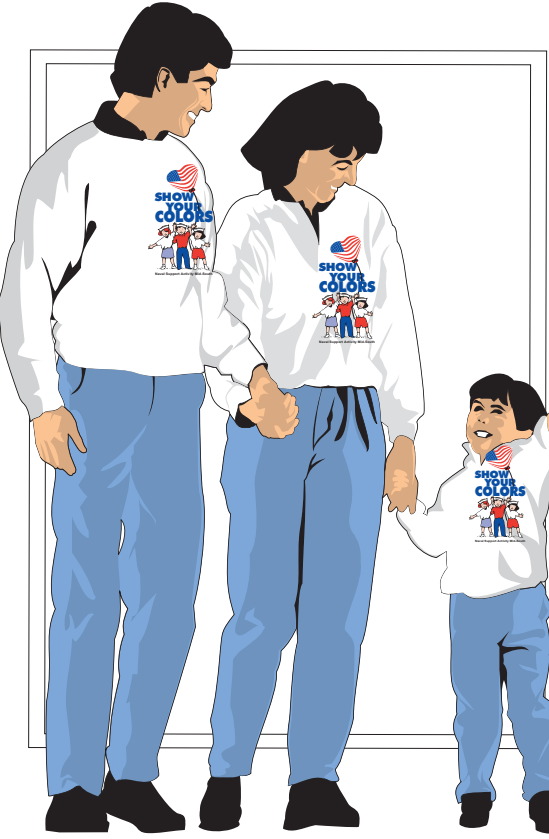
#2 Saturday, April 22, 9 - 11 a.m. **"Month of the Military Child." Breakfast Special.** Menu features Scrambled eggs, sausage, bacon, fruit, French toast, orange juice and milk. Call (901) 874-5132 for more information. Breakfast: adults \$5.50, children \$3.50.

Golf Course and Eagles Peak Grille is offering children of Military families age 12 and under a **free lunch every Sunday in April!** (Children must be accompanied by a sponsor.) Sunday lunch 11 a.m. - 1 p.m. Children's meal includes chicken fingers or hotdog, fries and a drink. After eating lunch children can also enjoy a free bucket of range balls. (Children must be accompanied by a sponsor.) Check into the Pro-shop for golf balls. Call (901) 874-5168 for more information.

Leisure Services

During "Month of the Military Child" the MWR Screen-print shop is offering a "Spring Printing Special" to help everyone get a jump on custom t-shirt orders for summer family reunions. Patrons can order a t-shirts with a custom designed 3 color print for only \$4.99 per shirt! For details on this special stop by the Screen Printing Shop located in bldg. S-797 (Craftech) or call (901) 874-5303.

Family fun offers are available at ITT. Including discount tickets to the Children's Museum, the Memphis Zoo and Malco theaters. For more information stop by the ITT Office (bldg. S-760) or call (901) 874-5652.



This year's theme is **"Catch the Excitement!"**

Fitness Program

Month of the Military Child KidFit Celebration Friday, April 8. Special KidFit day for all children ages 2 to 4 years old. Call (901) 874-5497 for more information.

Community Services

In celebration of the "Month of the Military Child" the Ellison is going to literally roll out the red carpet for our military children each Saturday during the month of April. Military families and all other authorized patrons are invited to come out for Ellison's **"Month of the Military Child" Special Family Movie Days** every Saturday from 1 p.m. - 4 p.m. at the Ellison Recreation Center. The staff is sprucing up the center in preparation make each child feel like a star. Movie line up features a selection of PG and PG-13 family friendly action and adventure films. Ellison opens at 1 p.m., movie starts at 1:30 p.m. Family Movie Days end at 4 p.m. Youth under 18 must be accompanied by a parent or guardian 18 years of age or older. Children treated to free bag of popcorn every Saturday. Call the Navy Motion Picture program Manager (901) 874-5650 for more information.

CDC/CDH Program

"Week of the Young Child" April 2-8 is sponsored by the National Association for the Education of Young Children (NAEYC), is an opportunity for early childhood programs across the country, including child care and Head Start programs, preschools and elementary schools, to hold activities to bring awareness to the needs of young children.

"Open House" April 4 is your opportunity to see the Child Development Program in action! Tour the CDC, Youth Center and Teen Center from 4 -5 p.m. See displays from our home program! Youth Center times to be announced.

Parent Opportunities:

"Read to Me" April 11, 11 a.m.-12 p.m. and 6 -7 p.m. there will be information available on how to help your child learn pre-reading skills
"Sign to Me" April 18, 11 a.m.-12 p.m. and 6 -7 p.m. there will be information available on how to

incorporate sign language in the life of your child

"Guiding Young Children to Make Appropriate Choices" April 25 11 a.m.-12 p.m. and 6 -7 p.m. there will be information available on ways to help your child respond to positive guidance

Wacky Wednesdays:

"Hat Day" April 5 caregivers and children will wear the hats of their favorite team. It can be a college team, professional team any sport team.

"Pajama Day" April 12 children will show us the excitement of nighttime and wear their pajamas all day!

"Denim Day" April 19 Children will wear denim all the fun and excitement that goes with it.

"T-Shirt Day" April 26 each class will wear a special color just for them that will be imprinted with the month's theme at the MWR Screen print shop. Parents if you have a child enrolled in the CPY program should see your room parent or caregiver for more details.

Passports April 28 all passports are due to the CDC, Youth Center or Homes by noon

Also tentatively scheduled

CDH goes on the Road (Date to be announce) CDH providers invite preschool families to join them at the Youth Center for a drive-in good time!

"Child Abuse Prevention" April 21 begins at 10 a.m., representative from Fleet and Family Services will be at the CDC to share information and materials.

"International Dinner" April 21 starts at 11 a.m. at the CDC with your favorite dishes at our world-class potluck! Check with your room parent or caregiver for more details.

Youth/Teen Center

Saturday Play. The fun doesn't end on Friday! Saturday Play is held each Saturday this month from 1-5 p.m. for kindergarten-5th graders. Registration in the Before and After school program IS NOT required! Drop the kids in while you go catch some zzz's or clean house or go shopping. For more information call (901) 874-5155. **Month of the Military Child Play Day Special.** Active Duty military and retired military kids can join us for \$1, all other eligible kids pay the regular fee (\$3 per child.)

Family Recreation Night is held each Monday at the Youth Center from 5:30-7:30 p.m. Challenge the kids a game of Foosball or enjoy a movie. Free popcorn for Military families!

Friday, April 7 youth in kindergarten-5th grade are invited to join us for **Special Kid's Night Out.** Fee covers supervision, pizza, lemonade and all the fun activities and games here at the Youth Program Center. Space is limited so drop by and register today. Deadline to register April 10. For more information call (901) 874-5155. Active Duty military kids can join us for \$5. Fee for all other eligible patrons \$10. Call (901) 874-5155 for more information regarding Youth program activities.

Teen Center Monthly Membership for April is reduced to \$3 for military and retired military teens in grade 6 and up. Bring your ID or pay the regular fee of \$5! Haven't been to S-770 yet? Your first two visits are FREE! Drop by to check out a list of their April activities.

Navy Mid-South Youth Center School-Age Care (SAC) priority placement registration Summer Day Camp '06.



Who's watching us during summer break?

Sponsors may register on or after the date listed for their category. A Waiting List (CEWL) will be established for any SAC program that exceeds the registration limit. Registration is held Tuesday, Wednesday and Thursday from 8:30 a.m.-2:30 p.m. Alternate registration days and times are available through appointment only. Enrollment Fee is non-refundable and is applied to first weekly fee. Sponsors: a \$5 deposit will also be accepted for each specific week reserved in each camper's name. Deposits will later be applied towards weekly fee. For further information, call 874-5155.

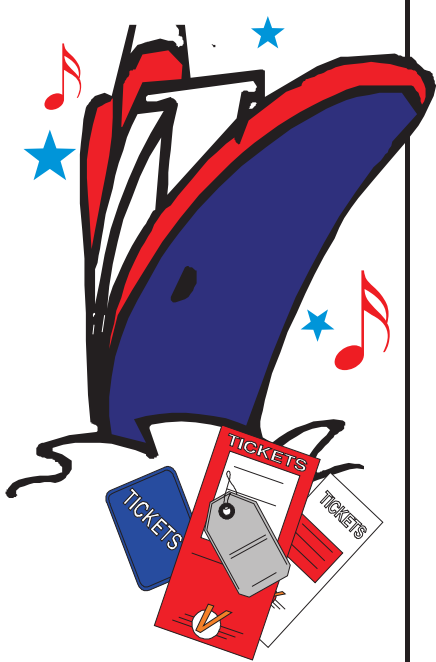
Category--camp '06 reg.-- begins

- 1--Single Active Duty--4 April
- 2--Dual Active Duty--5 April
- 3--Active Duty w/working spouse--6 April
- 4--Active Duty w/student spouse--11 April
- 5--Single DoD--12 April
- 6--Dual DoD--13 April
- 7--DoD w/working spouse--18 April
- 8--DoD w/student spouse--19 April
- 9--Active Duty w/non-working spouse--20 April
- 10--DoD w/non-working spouse--25 April
- 11--DoD Contractors--26 April
- 12--Active Duty Coast Guard--27 April

* Youth Program Forms available at Youth Center (Bldg. 936) or by accessing the Youth Center's webpage at nsamidsouth.navy.mil. NOTE: in the event that two sponsors' priority is equal, date and order of enrollment will determine placement on list (active and/or waiting).

Morale, Welfare and Recreation

ITT vacation and ticket offers



Information, Tickets and Travel office is located in Bldg. S-760
ITT office open
Monday-Friday 9 a.m.-5 p.m.
1st and 3rd Saturday each month 10 a.m.-2 p.m.
Closed Sundays, and holidays
For more information call (901) 874-5455/5652, 1-800-779-4252 or Fax: (901) 874-5322.

Special Disney Cruise rates for Active Duty Military (Offer for March and April 2006)

7-Night Cruise!
From...\$999.00 per adult (Standard inside Stateroom)

3-Night Cruise!
From...\$549.00 per adult, \$399 per child (3-12) (Deluxe Outside Stateroom)

Special Disney Cruise rates for Active Duty Military! (Offer for March and April 2006) Disney Cruise Lines is pleased to announce an offer for Active Duty Military Personnel to experience a Disney cruise vacation. Choose a 7-night cruise to the Eastern or Western Caribbean or a 3-Night cruise to the Bahamas. Enjoy spectacular shows, fantastic programs, unique rotation dining, legendary Disney hospitality and an unforgettable adventure in paradise at Disney's own private island, Castaway Cay. To book a Disney Cruise Line vacation contact Your Cruise Specialist: Gina Parsons 874-5288 Gina.Parsons@navy.mil or Bonnie McDaniel 874-5304 Bonnie.McDaniel@navy.mil. Information, Tickets and Travel Office, in the Helmsman Complex Bldg. S-760 Navy Mid-South or call (901) 874-5652/5455, 1-800-779-4252.



ITT has your tickets to the Symphony! "Pink Martini" at the Cannon Center Saturday, April 29 at 8 p.m. (lower balcony) \$32.50



Kirkwood Golf Course Outing May 2

Warm, sunny days are just around the corner -- Join ITT on a golf outing to Kirkwood National Golf Course Tuesday, May 2. "Kirkwood National offers golfers of every level of playing ability a challenging experience." Since opening in 1195, the championship par 72 course has consistently received high rankings from Golf Digest. "Dramatic elevation changes, wood valleys, creeks and lakes add challenge to your round." Depart Glen Eagle Golf Course 7:30 a.m. Arrive at Kirkwood approximately 9 a.m. First tee time 9:15 a.m. Length of play - 4 1/2 hours. Depart Kirkwood around 2:30 p.m. Return to Glen Eagle around 4 p.m. Cost includes transportation on ITT's comfortable, restroom equipped coach bus, soda/water and plus golf fees and cart. Visit ITT to register by Monday, 24 April. Space is limited. Cost \$43 per person.



NASCAR Season tickets

Stop by ITT to order your season ticket and receive a free T-shirt or cap along with your welcome package. NASCAR Passes include "Best Seat," "Premium parking" (\$20 value,) "NASCAR Practice tickets" (Truck Series practice-\$15 value and Busch Series practice (\$15 value,) "Fan Fest," "Fan Walk," (infield access to both races \$30 value) and "Merchandise discount card," Craftman Truck Series July, 15 (\$45 value.) NASCAR Busch Series Oct. 29 (\$55 value) Tickets will be mailed 6 weeks before race day. Discount season tickets \$99.50 at ITT.

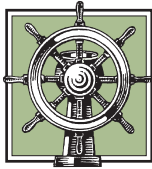


Cardinals vs Dodgers at New Busch Stadium! ITT Overnight trip scheduled July 14-15

Single \$245 • Double \$340 • Triple \$435• Quad \$530

Cost includes tickets to the game; deluxe hotel accommodations at the Sheraton Hotel St. Louis; round trip transportation onboard MWR Coach Bus; sodas/water and movies en route; and Anheuser Busch Brewery Tour admission. Deadline:Deadline to sign up June 14, 2006.

... Dining...



at the HELMSMAN COMPLEX

Bldg. S-760 Navy Mid-South....for information call 874-5132

Join us for lunch and more! Lunch served 10:30 a.m.-1 p.m. Monday - Friday

(See calendar below for daily buffet entree menu.)

\$5.25 Value Spotlight

Daily Plate Lunch special

Your choice of one of the entree items from the buffet, one starch, one vegetable and a side salad or cup of soup with rolls plated from the buffet selections by your server.



Easter Brunch Sunday, April 16 11 a.m. - 2 p.m. in the Helmsman Complex Ballroom

Tennessee sugar cured ham, roast tom turkey with giblet gravy, top round of beef au jus, southern style cornbread dressing, candied yams, mashed potatoes with gravy, whole kernel corn, Italian green beans, crisp fried okra,

bacon, sausage links, scrambled eggs, French toast, rolls biscuits,

Caesar salad, mushroom salad, pasta salad, fruit salad,

Cookies-N-Cream pie, strawberry pie, key lime pie, Chocolate Seduction cake.

Adults \$9 Children (age 5-10) \$5.25 Children 4 and younger eat free

Reservations recommended Please call 874-5442 Walk-ins seated as tables become available.



1st one of the year! Mongolian BBQ Friday, April 28, 5-8 p.m. Cost: 60 cents per oz.

IN THE COMING WEEK!

MAR. 30-APRIL 8, 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div> <div>Enjoy a FREE picture show in our 36-seat movie theater. Popcorn and snacks available. All shows start at 7 p.m. unless otherwise specified.</div> <div>Ellison Recreation Center is open to active duty, retired, reserve military members, DoD employees and their family members. Patrons must be 18 years or older to attend.</div>	<div>Helmsman Lunch Buffet Chicken Fried Steak Lemon Pepper Chicken</div> <div></div> <div>Earth Day Run Walk</div> <div>Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!</div> <div>Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center Title to be announced</div>	<div>Helmsman Lunch Buffet Lasagna Spaghetti</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center Title to be announced</div>	<div>Helmsman Lunch Buffet Southern Fried Chicken Liver and Onions</div> <div>Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!</div> <div>Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center</div> <div></div> <div>BINGO 4-10 p.m. Bingo Hall!</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center Title to be announced</div>	<div>Helmsman Lunch Buffet Roast Beef Pit Smoked Ham</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center The Family Stone (PG 13)</div>	<div>Helmsman Lunch Buffet Fried Catfish Hamburger Steak</div> <div></div> <div>BINGO 4-10 p.m. Bingo Hall!</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center Derailed (R)</div>	<div>1</div> <div></div> <div>FAMILY MOVIE DAY! Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) Title to be announced</div> <div></div> <div>Family Skate Night 7-10 p.m. N-82 Gym For info call 874-5155</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center Title to be announced</div>
<div>Daylight Savings time begins 2</div> <div></div> <div>Free lunch every Sunday in April! Eagle's Peak Grille for children of Military families age 12 and under 11 a.m. - 1 p.m.</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center Title to be announced</div>				<div>Helmsman Lunch Buffet Roast Beef Pit Smoked Ham</div> <div></div> <div>Tennis League April-June</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center Title to be announced</div>	<div>Helmsman Lunch Buffet Fried Catfish Beef Tips in Wine Sauce</div> <div></div> <div>Friday night Tunicia trip Call (901) 874-5455</div> <div>Kid's Night Out Youth Center Register today! 874-5155</div> <div></div> <div>BINGO 4-10 p.m. Bingo Hall!</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center Title to be announced</div>	<div>Ballet, Jazz and Tap Class every Sat. 8 a.m.-12 p.m. at the Conference Center</div> <div></div> <div>Softball League (SP Men's rules) April-July</div> <div>Free Movie 7 p.m. at the Ellison Rec. Center Title to be announced</div>



It's about time

BY ART FRITH
NSA MID-SOUTH PUBLIC AFFAIRS

"Spring Ahead, Fall Back." Daylight Saving Time (DST) begins for most of the United States at 2 a.m. this Sunday.

While the reasons for DST have changed over the years since it was first proposed in the mid-1800s, today DST is observed primarily as a means of conserving energy. This train of thought is in line with a new directive recently passed down from the president through the secretary of the Navy. The directive requires each installation to reduce energy consumption to Common Output Level 3. According to U.S. Department of Transportation energy consumption statistics for 1974-75, observing DST saved more than 10,000 barrels of oil each day.

DST has been linked to lower crime rates and the reduction of traffic-related injuries and deaths. People's exposure to a variety of crimes is lowered, because certain crimes are more common in darkness than in light. Upwards of \$30 million in traffic accident costs are saved each year, along with saving more than 50 lives and preventing 2,000 vehicular injuries.

The idea of DST was first given serious consideration when a builder in London, England proposed it. In 1907, William Willett

proposed advancing clocks 20 minutes on each of the four Sundays in April and setting them back by the same amount on the four Sundays in October. The first man in the United States who saw the need for time standardization was an amateur astronomer. As early as 1809, William Lambert proposed to the U.S. Congress a recommendation for the establishment of time meridians. Lambert's proposal was not adopted. Charles Dowd of Saratoga Springs, N.Y., made a similar proposal twice. It would be an idea that would sit on the back burner until the late 1800s, when, in the United States and Canada, standard time zones were instituted by the railroads at noon on November 18, 1883.

Because of its obvious practical advantages for travel and communications, the use of standard time zones gradually increased. Standard time zones were established with the signing of the Standard Time Act of 1918. Based on what the railroads had established, Congress adopted standard time zones. The Interstate Commerce Commission was designated as the sole authority to make any changes in the time zones. The authority was transferred to the Department of Transportation when it was created in 1966.

A number of U.S. presidents have tinkered with DST over the past century. During World War II, President Franklin D. Roosevelt instituted DST year-round, which was called "War Time," and was in effect from Feb. 2, 1942 - Sept. 30, 1945. President Lyndon B.

Johnson signed into law the Uniform Time Act of 1966, which set DST to run from the last Sunday in April to the last Sunday in October. However, any state that wanted to be exempt from DST could do so by passing a state law. In response to the oil crisis and Arab oil embargo, on Jan. 4, 1974, President Richard Nixon signed into law the Emergency Daylight Saving Time Energy Conservation Act of 1973, which remained in effect until Apr. 27, 1975. DST was changed slightly in 1986, when President Ronald Reagan signed Public Law 99-359. This law moved the start of DST to the first Sunday in April and did not affect the ending date, which remains the last Sunday in October.

DST is not without its own strange but true tale. During the 1960s, DST found itself in the unpopularity of the draft during the Vietnam War. One man, who was born just after 12 a.m. DST, circumvented the draft by using a loophole. When drafted, he argued that in the year he was born, Standard Time, and not DST, was the "official" time for recording births in the State of Delaware. That being the case, under "official" standard time, he was actually born on the previous day, which had a much higher draft lottery number. This unusual loophole allowed him to avoid the draft.

So, before you go to bed Saturday night, remember to set your clocks ahead one hour, so as to avoid being late for any Sunday event. And by the way, don't forget that Saturday is April Fool's Day. It could be a very interesting weekend.

EYE ON THE FLEET



An MH-53E Sea Dragon helicopter prepares to land on the flight deck aboard the amphibious assault ship USS Bataan (LHD 5). Bataan is currently underway conducting training, running damage control drills and flight operations in preparation for an upcoming deployment. (Photo by PH3 Jeremy L. Grisham)

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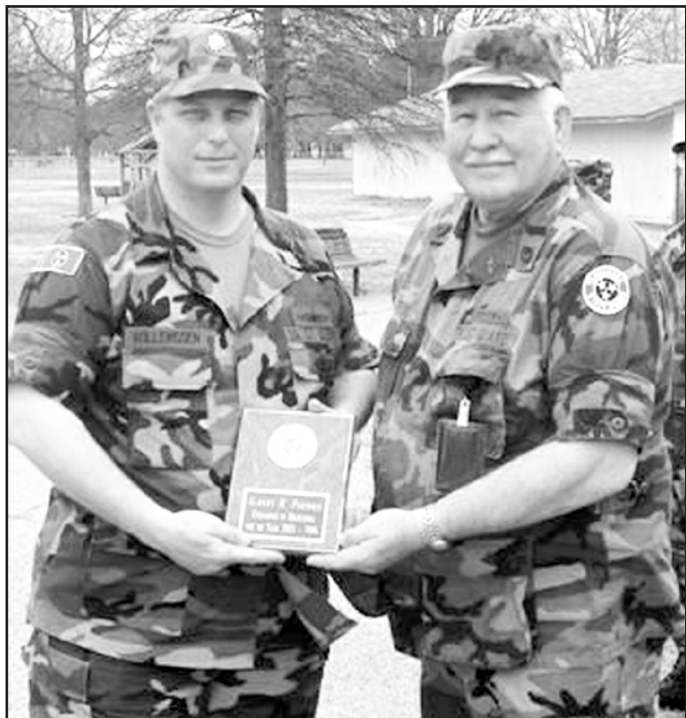
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Dinner and a Movie - Each third Tuesday evening of the month, a "Free Sailor Supper" is held at Ellison Recreation Center. Sponsored by Mid-South Officer's Spouse Association, the event is designed to provide a home-cooked meal to single Sailors, geographic bachelors and other military members stationed at NSA Mid-South. After dinner, a free movie is shown in Cinema 36. (Photo by Art Frith)

RECRUITING EXCELLENCE



Sgt. 1st Class Ray Pafford accepts a plaque that recognizes "Recruiting Excellence" for the 1st Regiment, Tennessee State Guard. (Photo courtesy of the 1st Regiment, TN State Guard)

CHARLES L. WALKER
"THE LAND MAN"



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